



*Teff... for
a tasty life that
is free from gluten*

An age-old type of grain that has provided man with healthy products for many centuries.

Teff was found in a pyramid dating back to the year 3.359 BC.

The origins of Teff are traced back to Ethiopia and its cultivation rapidly spread throughout the former British colonies. The fact that it is also free of gluten was only discovered fairly recently.

Two percent of the Western European population are more or less intolerant to gluten. Gluten occurs in types of grain such as wheat, rye, barley, and oats. Eating a regular kind of bread is not allowed for people suffering from gluten intolerance (or coeliac disease). This consumer is now looking for a healthy and tasty alternative. However, the ingredients that were applied until now did not offer the consumer much in regards to taste and nutritional value.

Extensive tests and tasting contests with panels proved that products baked with Teff flour offer a healthy alternative that is free of gluten and full of taste and that come close to the characteristics of a regular kind of bread. As a wholemeal, Teff contains all the essential nutritional ingredients.

Teff flour, as it turned out, is extremely versatile. This is true, not only in bread, but also in various types of pastry, snacks, pancakes, and breadcrumbs. Moreover, Teff flour is suitable as a thickener for soups and sauces and it may be applied effectively in a sporty diet.

Nutritional value of Tefl (in percentages) compared to other types of grain

Nutritional	Teff	Wheat	Rice	Corn	Barley	Starch Value (corn, potato)
Proteins	11,0	11,0	9,7	9,4	8,5	0
Fats	2,6	1,9	1,8	4,4	1,5	0
Fibers	3,5	1,9	8,8	2,2	4,5	0
Starch	73,0	69,3	64,7	69,2	67,4	85-90
Anorganic matter	3,0	1,7	5,0	1,3	2,6	0
Water	6,9	14,2	10	13,5	15,5	10-15

Chemical analysis of 100 grams of Tefl protein

Amino acid	Teff	Barley	Corn	Oats	Rice	Wheat
Lysine	2,80	3,46	2,67	3,71	3,79	2,08
Isoleucine	3,90	3,58	3,68	3,78	3,81	3,68
Lysine	7,40	6,67	12,5	7,26	8,22	7,04
Valine	5,00	5,04	4,85	5,10	5,50	4,13
Phenylalanine	4,80	5,14	4,88	5,00	5,15	4,86
Tyrosine	2,10	3,10	3,82	3,30	3,49	2,32
Tryptophan	1,50	1,54	0,70	1,26	1,25	1,07
Treonine	3,40	3,31	3,60	3,31	3,90	2,69
Histidine	1,90	2,11	2,72	2,10	2,50	2,08
Arginine	3,40	4,72	4,19	6,29	8,26	3,54
Methionine	2,50	1,66	1,92	1,68	2,32	1,46

Typical properties of Teff Flour:

- Moisture content max. 13%
- Protein content 9-13%
- Hagberg falling number, min 300 s
- Free of gluten
- Sieving analysis:
 - at 250 micron 0%
 - at 150 µm max 15%
 - at 100 µm max 20% (cumulative 35%)
 - at 100 µm min 70%

Total aerobic bacterial count per gram < 1.000.000

Yeasts and fungi per gram < 10.000

Product is free of allergens mentioned on the ALBA list 2003.

*Date for the calculation of the
nutritional value per 100g Teff Flour:*

- Protein 10g
- Fat 2,5 g
- Carbohydrates 70 g
- Food fibre 5 g
- Energy 1452 KJ

Teff Flour meets the general legal requirements regarding:

- Mycotoxins
- Residues of pesticides and herbicides
- Heavy metals

Shelf life: 6 month, when stored cool and dry.

Packaging: multi wall paper bags.

Assortment:

	5 kg net.	25 kg net.
Teff Flour White	art.nr. 30005	art.nr. 30002
Teff Flour Dark	art.nr. 31005	art.nr. 31002
Teff Breadmix White	art.nr. 32005	-
Teff Breadmix Brown	art.nr. 32105	-

Recipes are available upon request; our service bakery: phone: +31(0)58 294 82 28

More information:

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